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HALIFAX • THURSDAY FEBRUARY 26 2009

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2009

## BEST NEW PRODUCT

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# What are the Best New Product Awards?

Last Thursday, the 2009 Best New Product Awards were announced to a waiting audience. If you haven't heard of them, perhaps you should.

"It's based on a random survey involving over 25,000 Canadian consumers," explains Robert Levy, President of BrandSpark (the company behind the Best New Product Awards), "so it really is a window on the Canadian principal grocery shopper; it's national, and it's both English and French."

The criteria of any winner of a Best New Product Award, says Robert, is based on two equal factors: "If you don't find the product appealing – either the packaging or the name or what it is – you're not going to buy it. And if you aren't satisfied in a way that it

met your needs and met your expectations and that you're prepared to purchase it again... we developed this methodology with marketers to make it as close as possible to a real life situation – so it's as close as it can be to the recommendation of a friend."

In the food category, the emphasis was on convenience and nutrition – with a side of sweet-toothed indulgence, of course. For personal care, the majority tended to lean towards branding that smacked of guilty pleasures and lasting satisfaction. In household products, environmental concerns were prevalent. Throughout the categories, ultimately, consumers made it clear that they are looking to get more bang for their buck through more concentration

and power with less packaging, and this was reflected in this year's Awards.

"Metro is delighted to be a sponsor of the Best New Product Awards this year," enthuses Bill McDonald, Metro's English Canada Group Publisher. "Very much like the innovation Metro offers to readers and advertisers alike, these awards celebrate innovative new consumer packaged goods products as chosen by consumers. At Metro we take great lengths to listen to our readers through programs like the Metro Life Panel, letters to the editor, etc. Our participation in the Best New Product Awards is an extension of that commitment to listen."

By Lori Dance

## 2009 Best New Product Award Winners

- ✓ Air Wick Odour Stop Aerosols
- ✓ Arm & Hammer® Odour Alert Clumping Cat Litter
- ✓ Astro BioBest Smoothie
- ✓ Astro BioBest Vitalite Yogurt
- ✓ Becel Buttery Taste Margarine
- ✓ Blistex Deep Renewal Anti-aging Lip Treatment
- ✓ Casa Di Mama Pizza
- ✓ Cover Girl LashBlast Mascara
- ✓ Cover Girl TruBlend Boutique
- ✓ Craisins® Sweetened Dried Cranberries 100 Calorie Pack
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- ✓ Dove Antiperspirant
- ✓ Dove Body Wash
- ✓ Duracell Rechargeable Batteries
- ✓ Garden of Eatin® Multigrain tortilla chips.
- ✓ Gillette Fusion Power Phenom
- ✓ Gillette Venus Embrace
- ✓ Glad 100% Compostable/Biodegradable Kitchen Bags
- ✓ Green Works Natural Cleaners
- ✓ Grissol Crispy Baguettes Rosemary & Olive Oil Flavour
- ✓ Herbal Essences Long Term Relationship Leave In Split End protector
- ✓ Herbal Essences Long Term Relationship Shampoo
- ✓ Hershey Bliss
- ✓ Knorr Bouillon cubes with Extra Virgin Olive Oil & Sea Salt
- ✓ Knorr Colourful Soups
- ✓ Knorr Sides Plus Veggies
- ✓ Kraft Extra Virgin Olive Oil Signature Dressing
- ✓ Lipton Pyramid Teas
- ✓ Maple Leaf Simply Savour™ Grilled Chicken Breast Strips Value Pack
- ✓ Pulsar Pro-Health Manual Toothbrush
- ✓ Skintastic® OFF!® FamilyCare Insect Repellent Towelettes
- ✓ Sun Rype 100% Juice
- ✓ Tide 2x Liquid
- ✓ Vaseline Cocoa Butter Body Lotion



✓ **LOOK INSIDE** TO VIEW SOME OF THE WINNING PRODUCTS AND FOR YOUR CHANCE TO WIN A GIFT BASKET!



## Mooseheads to face Rocket in must-win

pg 11



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HALIFAX • THURSDAY, FEBRUARY 26, 2009

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## Brit's ex charged in hit and run

pg 20

### Teens to be charged after stabbing

**ATTACK** Three males in their mid- to late-teens will face charges after a 15-year-old boy was taken to the IWK Health Centre with stab wounds to his chest in Halifax yesterday.

Just before 3:30 p.m., a boy walked into a Needs convenience store on Purcells Cove Road in Armdale and said he'd been stabbed.

The boy was rushed to hospital with what Halifax Regional Police believe are non-life-threatening injuries.

METRO HALIFAX

### Local pg 3

## Quinpool Rd. to get \$2M makeover

### Fashion Week

#### London catwalk

Metro's Kenya Hunt explains why London Fashion Week had a celebratory vibe to it, with details on all the latest fashion trends, pg 18

### Riding the Recession

Looking for ways to save money and ride out the economic storm? Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

**Food**  
• Wine columnist Peter Rockwell introduces us to some budget vintages, pg 14  
• Looking for a place to eat that won't leave a hole in your wallet? Check out Metro's Meal for a Steal, pg 14  
Tomorrow  
• Canada — Some family-friendly and dirt cheap ways to have fun



Shawn Brightman takes an oath to join the Canadian Forces from Lt. Melissa Sawchuk at the Canadian Forces recruiting office yesterday. Recruitment officers say many more people than normal are turning to the military to find a stable job because of the economic downturn.

# A steady paycheque

## Military recruitment office getting busier as economic crisis worsens

JENNIFER TAPLIN  
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### Riding the Recession

**Laid off and with two kids to support, Shawn Brightman turned to one of the few agencies that's hiring these days: The military.**

"It's a full-time job with a three-year contract," he said. "I'm looking for a permanent career for the rest of my life."

The 29-year-old from

**"The military, like any job, has pluses and minuses, but I think the pluses way outweigh the minuses."**

Lt. Richard Rhodes

New Glasgow was sworn into military service at the recruitment office in Halifax yesterday.

Brightman worked as a landscaper in New Brunswick, but was laid off a few months ago. He said his new job will provide the security he needs for his kids, ages six and four.

And Brightman is certainly not alone.

"I'm seeing a lot more people sitting in the chairs in our reception area than I've ever seen," said navy Lt. Richard Rhodes, who works at the Halifax recruiting office. Rhodes started working there in July and, he says, back then there was only a trickle of interest. Now he's seeing a flood.

"We've seen a lot more people coming through

our doors ... and this has been occurring over the past few months as the news has gotten worse with the economy," Rhodes said. "People are looking to the military as a good, viable option."

Besides the normal reasons the military attracts recruits — extensive training, learning new skills and travelling — it's even more attractive these days because of job security.

"The military, like any job, has pluses and minuses, but I think the pluses way outweigh the minuses because the military

does provide a lot of job security for people," he said.

"We're looking for people who are interested in longer-term careers."

The people pouring into the recruitment office on Duke Street are from all walks of life. Rhodes said they're getting teenagers and 40-year-olds, men and women.

"People who may have thought of it for some time now are giving it more serious thought."

ShareYourViews

halifaxletters@metronews.ca

# Cuts to health care a deferral, not a savings: Doctor

PHILIP CROUCHER  
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**HEALTH** The reduction of 1,000 elective surgeries over the next month to cut costs at Capital District Health Authority isn't sitting well with Dr. Michael Gross.

The president of the District Medical Staff Association said these cuts — which began Monday and run until March 23 — won't cost lives, but will affect the quality of life for many people.

"(Capital Health's) budget deficit is falling entirely on the back of people waiting

for surgery," Gross said. "Anybody who is on the front line is hearing that frustration every day. We feel it's not appropriate."

Capital Health announced in December it would cut 1,000 surgeries as part of its measure to make up a \$7-million deficit.

Reducing overtime, re-us-

ing medical equipment and fewer snacks on food trays are among other cost-cutting steps being taken.

But the single biggest saving, at a total of \$1.35 million, comes by cutting surgeries.

But Gross doesn't see this as a saving, rather a cost deferral, which could affect ac-

cess to medical care for months to come. He also worries it may make it more difficult to attract top professionals to the region.

"People need to know we're not happy with this," Gross said. "They need to know when their surgeries are delayed again, this is the reason why."



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**ELMSDALE**  
DownEast Communications  
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5475 Spring Garden Road  
CBCI Telecom  
380 Bedford Highway  
DownEast Communications  
Maritime Centre  
West End Mall  
Quarterback Communications  
102 Chain Lake Drive  
Wacky Wheatley's  
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Saulnierville Mall

**SHELBURNE**  
Video Focus  
32 King St.

**SYDNEY**  
The Rolling Phones  
516 Grand Lake Rd.  
Mayflower Mall

**SYDNEY RIVER**  
The Rolling Phones  
Value Check Plaza

**TANTALLON**  
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Sobeys, Hubley Centre

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**City reduces cost of pet licence fees until April 30**

License your dog for less. Until April 30, the city will give you a dog licence for \$10, or \$5 for senior pet lovers. Normally, it costs \$15 for a spayed or neutered dog, or \$50 for an animal that isn't spayed or neutered. **METRO HALIFAX**

# Local



## Help emergency workers help you

Make sure your home's civic number is clearly visible. The provincial Emergency Management Department warns that if you don't have a visible civic number, firefighters, paramedics or police might not be able to find you quickly in an emergency. Visit [gov.ns.ca/emo](http://gov.ns.ca/emo) to find out where you can order a blue-and-white civic number. **METRO HALIFAX**

## Two young boys arrested for shed fire

**NO CHARGES** Stellarton Police arrested two boys, aged six and nine, on Tuesday afternoon following a small fire in a storage shed behind a vacant home along Pineview Crescent in Valley Woods.

Police and firefighters responded to the fire at around 4 p.m.

Insp. Hugh Muir said a neighbour had called in the fire and, "supposedly, a couple of people had been seen running from the scene where this little barn was on fire."

Four tires inside the shed were also destroyed.

The arrests were made within hours of the fire call. The two boys will not be charged due to provisions under the Youth Criminal Justice Act, but police say they will follow up with Children's Aid.

**METRO HALIFAX**

## Oldfield renamed as Port Authority president/CEO

**BOARD** The Halifax Port Authority's board of directors has announced the re-appointment of President and Chief Executive Officer Karen Oldfield.

The chair of the board of directors, Mark MacDonald, said with Oldfield at the helm the Port of Halifax's profitability and financial strength has grown. Oldfield's new contract will keep her in place until Dec. 31, 2012.

**METRO HALIFAX**



What's online today.

**Blogs** Hollywood Rants on whether Woody Allen is a true virtuoso or just a creepy old man.

**Check** movie showtimes, and watch trailers.

**Video** The Daily Show with Jon Stewart has some choice words about Obama's trip to Ottawa at [metronews.ca/canada](http://metronews.ca/canada)



### Lotteries

Lotto 6/49: 5, 11, 26, 31, 36 & 39. Bonus 4. These results are not official.

# Quinpool OK'd, Spring Garden out

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## Merchants on Quinpool Road — but not Spring Garden Road — celebrated yesterday.

Council approved \$2 million to pretty up Quinpool, but decided to delay the rejuvenation of Spring Garden Road until their plan is more fine-tuned.

"I feel exhilarated and I'm very happy for the business members on the street," said Karla Nicholson, general manager of the Quinpool Road Main-street District Association.

"I'm so pleased because our members are embracing this opportunity."

The entire project is estimated at \$6 million, but she's hoping for federal and provincial funding.

Improvements include: Resurfacing the road, sidewalk renovation, burying wires, planting trees, as well as installing bike racks and public art.

"One message that has been abundantly clear in



HRM council approved \$2 million to fix up Quinpool Road yesterday and the association representing Quinpool businesses is hoping to get matching provincial and federal funds.

my dealings with all the members on the street is that they're happy and grateful to see this coming together," Nicholson said.

"The timing is perfect

because we do make a great candidate for (infrastructure) funding."

If approved, they could tap into federal and provincial funding above the municipal money

they received Tuesday night.

But Nicholson said they have enough now to get going on construction.

"The goal is August, but we will be ready to go this

year," she said.

Northwest Arm-South End Coun. Sue Uteck said it was about time council showed Quinpool Road a little love.

"I will admit Quinpool Road does not deserve (the little) attention it receives. It is the entrance gateway into Halifax," she said yesterday.

"With the influx of restaurants and the revival of Quinpool, the only thing that hasn't been revived is HRM's commitment."

It will also be more parking-friendly, she said, so commuters and shoppers alike will win.

While thrilled with the \$2 million from the HRM, Nicholson said she felt for the merchants on Spring Garden Road.

"I wish it could have gone better for them," she said.

"There is no rivalry at all."

ShareYourViews

[halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca)



Halifax Regional Police officers gather evidence following a shooting on Highfield Park Drive on Tuesday. The three shootings in five days in the HRM aren't believed to be related.

## Likely weapon found in latest shooting

**INVESTIGATION** Police recovered what they believe to be the weapon used in Tuesday's shooting.

"We recovered a shotgun (yesterday) morning from a backyard on Jackson Road," said Const. Jeff Carr with the Halifax Regional Police.

A 22-year-old victim, identified by people at the scene as Ryan Jessop, was shot in the chest on Tuesday afternoon. He was taken to the hospital with non-life-threatening injuries. Witnesses spotted two suspects

leaving the scene but no arrests were made.

"The investigators feel they are making progress, but there are no arrests at this point," Carr said yesterday.

It was the third shooting in five days: Terry Marriott Jr., 34, was shot and killed on Friday afternoon, and a 27-year-old man was shot in the arm during a home invasion on Sunday.

Carr said it's very unlikely the shootings are connected.

JENNIFER TAPLIN/METRO HALIFAX

## Teachers affirm new contract

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Nova Scotia's 10,000 public school teachers have agreed to a tentative agreement reached between the Nova Scotia Teachers Union and the provincial government.

In an electronic vote held provincewide Tuesday, 81 per cent of teachers voted 79 per cent in favour of the tentative deal. The contract sees teachers receive a 2.9 per cent salary increase in each of the two years of the agreement.

**"... teams for both sides were able to overcome their differences and work together."**

NSTU's Alexis Allen

The agreement between NSTU and the province was reached on Feb. 6. Seventeen bargaining sessions were held since April, 2006 and three days of talks assisted by a conciliation officer earlier this month.

"Bargaining teams for

both sides were able to overcome their differences and work together to address concerns about the public school system," said NSTU president Alexis Allen in a release.

Allen said the agreement addresses issues such as definition of the school day, increase in allowances paid to administrators, enhanced health plan benefits and better pay for substitute teachers and beginning teachers.

The previous teachers' contract expired on July 31 of last year.

## If it seems too good to be true...

RACHEL BOOMER  
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**SCAMS** Trying to make a few extra bucks on websites like Kijiji? Beware, say RCMP: Fraudsters are targeting online.

They'll email you about the item you've posted for sale, and then send you a counterfeit bank draft supposedly worth more than what you're charging for

the item.

The fraudsters ask you to cash the bank draft, and return the extra money to an address outside the country. Don't do it; call police.

RCMP say you should always know the buyer's name, street address and phone number. Never take a cherub for more than selling prices. Don't ever agree to wire funds back to a buyer, and resist any urging to act now.

### News in brief

**CORRECTION** Due to an omission, a story in yesterday's Metro should have mentioned that the Utility and Review Board concluded Capital Limousine did not intentionally overcharge its customers. Owner Alexander Lam began overhauling the company's rates on Dec. 1, 2008, once he was told they were too high. Board member Dawna Ring concluded that Capital had "otherwise been a good carrier." **METRO HALIFAX**



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## Premier under fire

Opposition outcry over Vancouver Winter Games tickets

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The NDP are claiming Rodney MacDonald is trying to get taxpayers to pay for his VIP tickets to the Olympics, but the premier calls the accusation unfair and untrue.

Nova Scotia gave \$1.5 million to Vancouver to help host the 2010 Winter Olympics. That doesn't include tickets, but it does give Nova Scotia first crack at about 200 event tickets, including four VIP seats for the premier and his friends. The tickets will have to be purchased at face value.

The NDP said yesterday the premier is trying to get taxpayers to pay for his free ride to the Winter Games. But MacDonald denied even knowing about the VIP tickets.

"I had no knowledge that there were tickets necessarily for the premier or a particular minister or anything," he told reporters yesterday.

"My focus is on what's the right thing to do for Nova Scotia. And for anyone to suggest that we would make or I would make a decision based on that, I think is unfair and it's not correct."

Every province has made a donation to the 2010 Olympics. MacDonald said



Premier Rodney MacDonald answers questions from reporters in this file photo from last month. The NDP are accusing the Tories of wasting taxpayers' money if they buy VIP tickets for the Vancouver Olympic Games.

he doesn't know if he will attend the Games and said the tickets might be given to regular Nova Scotians who otherwise couldn't make the trip. But no decision has been made.

But NDP MLA Graham Steele wasn't buying that

MacDonald didn't know about the tickets.

"We have information showing that the issue of Olympics and Olympic tickets went to cabinet on Feb. 3. And not only that, but the recommendation from two of his ministers

is dated from Oct. 30. Does the premier not read the documents that are put in front of cabinet? It's all there," Steele said.

The NDP member added if MacDonald does go to the Olympics he should pay the way himself.

## Government minister no fan of keno

PAUL MCLEOD  
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**GAMBLING** Government politicians have joined the ranks expressing worry about bringing electronic keno to Nova Scotia, but the finance minister said it's too late to stop it.

"Philosophically, I personally am not a big fan of gambling," said Environment Minister David Morse when

asked if he supported bringing keno to Nova Scotia.

"Your question is about whether we really need to have another avenue to gamble, and I'm not a big fan of any forms of gambling."

Keno has come under heavy fire from gambling awareness groups and opposition parties. The game, which involves plac-

ing bets then watching the results a few minutes later on a bar TV screen, was originally rejected in 2007. But a modified version has been approved by the government.

Acting Finance Minister Chris d'Entremont said it's too late to change that now.

"That's the problem we have now. It's so late in the



David Morse

day that the contracts have been signed, the equipment has been installed in most places. There's very little opportunity for us to stop the program from going," said d'Entremont.

But he said this version of keno will include anti-gambling messages and breaks in play to mitigate addiction. He said the government can review the machines and cancel them again in one year.

## Proposed fish farm would harm species: Advocates

PAUL MCLEOD  
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Huge amounts of feces from a proposed fish farm in Port Mouton Bay will destroy what's left of the fishery there, say advocates.

Yesterday, the Friends of Port Mouton Bay held an "emergency press con-

ference" in Halifax to try to halt a new aquaculture being considered. They say fish feces from one existing farm have already made half the area barren.

"That inner harbour where the farm is now, once the pollution started, our lobster was pretty much non-existent," said fisherman Robert Swim.

"We've noticed that the crab fishery has dropped off, the mackerel fishery has dropped off. You get a few, but we have to go outside (the area)."

Swim said the bay doesn't flush pollution out to the sea like other spots. He said the new, much larger aquaculture would decimate what is left of their industry.

Fisheries Minister Ron Chisholm said the proposed fish farm is being studied by the federal government before being passed to the province.

"I don't know if it's a good idea to have it in Port Mouton. I haven't got the information in front of me yet to make that decision," said Chisholm.



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202 Brownlow Ave., Unit C-U

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Bayers Lake Power Centre

6100 Young St.

5657 Spring Garden Rd.

1668 Barrington St.

740 Bedford Hwy. W

#### New Glasgow

Aberdeen Shopping Centre

#### New Minas

County Fair Mall

#### Port Hawkesbury

47 Paint St.

#### Sydney

Mayflower Mall

Halifax Shopping Centre

337 Welton St.

#### Truro

245 Robie St.

#### Windsor

Fort Edward Mall

#### Yarmouth

Yarmouth Mall

### NEWFOUNDLAND LABRADOR

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Trinity Conception Square

#### Clarenville

Random Square Shopping Mall

#### Corner Brook

Corner Brook Plaza

69 Broadway Rd.

#### Gander

Gander Mall

#### Grand Falls-Windsor

Exploits Valley Mall

#### Marystown

Peninsula Mall

#### St. John's/Mount Pearl

Avalon Mall

The Village Shopping Centre

336 Freshwater Rd.

55 Kelsey Dr.

35 Stavanger Dr.

### NEW BRUNSWICK

#### Bathurst

Place Bathurst Mall

#### Campbelton

Sugar Loaf Mall

#### Edmundston

121 rue de L'Église

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Regent Mall

#### Grand Falls

Grand Falls Shopping Centre

#### Miramichi

Bridgeview Plaza

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Climate change will wipe out most life on Earth by the end of this century and mankind is too late to avert catastrophe, said leading British climate scientist James Lovelock. His apocalyptic theory foresees crop failures, drought and death on an unprecedented scale. **REUTERS**

**British scientist says life doomed by climate woes**

# Canada/World

## Edmonton **Bathtime for Lucy**



DAN RICHUBER/REUTERS

Lucy the Asian elephant gets cleaned by Jackie Buck, elephant manager, in her enclosure at the Valley Zoo in Edmonton yesterday. Former game show host Bob Barker has called for her transfer to a sanctuary in the United States due to the elephant's persistent health problems.

## U.S. green talk relieves Harper

**Prime Minister Stephen Harper says he is breathing a sigh of relief that U.S. President Barack Obama is serious about climate change, but the pace of change in Washington could leave him struggling to catch his breath.**

From world-leading automobile fuel standards to a clean energy surge and greenhouse gas restrictions, the U.S. is set to accomplish over the next year what Canada has been promising for a decade.

While the Tories have put pollution regulations

on hold until the American playbook becomes clearer, Obama called Tuesday in his address to Congress for an emissions cap-and-trade system that is anticipated to raise \$300-billion in new revenue and set the course for economic recovery.

The Conservatives have pledged to keep pace with Washington both to do what is politically popular and to stay competitive economically, but signs have emerged that Harper's team has not completely changed its stripes.

Asked this week about

threats in the U.S. to ban oil imports from Alberta, Harper insisted Canadian taps would continue to slake the U.S. thirst, regardless of political rhetoric.

It was reminiscent of the diatribes he once reserved for opposition parties urging a carbon tax or Kyoto compliance. This time his target was green U.S. governors like California's Arnold Schwarzenegger, who has passed legislation to outlaw dirty energy sources in favour of cleaner fuels.

**TORSTAR NEWS SERVICE**

### News in brief

**DEATH** A skier died while she and her husband spent more than a week lost in the B.C. Rockies as their distress signals twice failed to prompt searches, police said yesterday. The couple, visiting from Quebec, apparently skied into an out-of-bounds area Feb. 15, at a mountain resort near Golden, B.C., then got lost. **REUTERS**

**TASER INQUIRY** Robert Dziekanski posed a real threat to the four RCMP officers who surrounded him and to onlookers at the Vancouver International Airport, one of the officers told the Braidwood inquiry yesterday.

**METRO NEWS SERVICES**

## More transparency: NDP

**POLITICS** Prime Minister Stephen Harper should take a lesson from U.S. President Barack Obama and force federal departments to become more open and accountable to Canadians, an NDP MP says.

But as U.S. government agencies are being told to open up, federal departments in Ottawa remain mired in a "culture of secrecy," NDP Pat Martin said yesterday.

At the heart of the problem is an outdated Access to Information law that is

openly flaunted by bureaucrats keen to stifle public demands for information, said Martin (Winnipeg Centre).

"Users of the Access to Information Act know that the system is broken. It's dysfunctional, doesn't work anymore," Martin said. "People are frustrated by unnecessary delays."

Information Commissioner Robert Marleau releases several reports about how Ottawa handles Access to Information requests this morning.

**TORSTAR NEWS SERVICE**

## Gitmo abuse has worsened: Lawyer

**Abuse of prisoners at Guantanamo Bay has worsened sharply since U.S. President Barack Obama took office as prison guards "get their kicks in" before the camp is closed, according to a lawyer who represents detainees.**

Abuses began to pick up in December after Obama was elected, human rights lawyer Ahmed Ghappour said. He cited beatings, the dislocation of limbs, spraying pepper spray into closed cells and on toilet paper, and over-forcefeeding detainees who are on hunger strike.

The Pentagon said on Monday that it had received renewed reports of

**"(One) could say that these traumatized ... guards were just basically trying to get their kicks in right now for fear that they won't be able to later."**

Ahmed Ghappour

prisoner abuse during a recent review of conditions at Guantanamo, but had concluded that all prisoners were being kept in accordance with the Geneva Conventions.

"If one was to use one's

imagination, (one) could say that these traumatized, and for lack of a better word, barbaric, guards were just basically trying to get their kicks in right now for fear that they won't be able to later," said Ghappour, a British-American lawyer with Reprieve, a legal charity that represents 31 detainees at Guantanamo.

He stressed the mistreatment did not appear to be directed from above, but was an initiative undertaken by frustrated U.S. army and navy jailers who directly or indirectly blame the prisoners for the injuries and the trauma they suffered in Iraq. **REUTERS**

## Thailand **Protest drags on**



SUKKEE SURKLANG/REUTERS

Supporters of former Thai prime minister Thaksin Shinawatra gather outside the Foreign Ministry during an anti-government protest in Bangkok yesterday. Thai protestors marched to demand that the country's top diplomat quit as their street campaign dragged on for a second day.

## Charges filed over attacks in Mumbai

**INDIA** Police in India yesterday charged a man they say is the lone surviving gunman in last year's Mumbai attacks with "waging war" against India, drawing up the first formal charges in the case, a government lawyer said.

Special public prosecutor Ujjwal Nikam told reporters that the charge sheet named 37 other people, including Indians and Pakistanis, with planning and abetting the attacks that killed 179 people and revived tensions between India and Pakistan.

If found guilty, Mohammed Aijmal Kasab and those who have been charged with waging war with India could face the gallows. **REUTERS**

### News in brief

**ENVIRONMENT** The Arctic and Antarctic regions are warming faster than previously thought, raising world sea levels and making drastic global climate change more likely than ever, scientists said yesterday.

**WASHINGTON** Financial institutions that pose a serious risk to markets should be subject to serious government oversight, U.S. President Barack Obama said yesterday. **REUTERS**

## Turkish airliner crash kills 9

**NETHERLANDS** A Turkish Airlines passenger plane with 135 people aboard crashed in light fog while trying to land at Amsterdam's Schiphol Airport yesterday, and an official said nine people were killed.

Haarlemmermeer acting mayor Michel Bezuijen said at least 50 people were injured, including 25 severely hurt, when flight TK

1951 crashed short of a runway at Schiphol, one of Europe's busiest airports.

"We cannot say anything about the cause at the moment," Bezuijen told reporters.

The jetliner lay in three parts, with the tail section of the fuselage ripped off and a wide crack in the fuselage just behind the cockpit. **REUTERS**







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# Comment & Views

## Comment

### GM needs second revelation

#### InBusiness

**Charles Davies**

Veteran Business Writer



As General Motors CEO Rick Wagoner steers his beater of a company along the precipice of bankruptcy in a stormy recession, he must pine for the good old days.

I'm not talking here about the 1950s, when GM, with its chrome and fin-enriched lineup, was one of the world's most dominant corporations. I mean the Great Depression, the gold standard of economic misery, a period when GM somehow managed to stay profitable despite nose-diving sales.

Between 1929 and 1932, GM's North American car and truck production fell 75 per

cent and sales revenues dropped 78 per cent. Nevertheless, the company still managed to earn profits of \$248 million US and pay out dividends of \$343 million US. Working capital was trimmed only by \$26 million US and holdings of cash and short-term securities actually grew by \$45 million US.

Obviously, it helped that GM didn't have to deal with unionized labour in the worst of the Depression. The United Auto Workers didn't come along until 1935 and, a year after that, kick-started the certification process with sit-down strikes at GM plants in Atlanta and Flint, Mich.

Still, the company had a remarkable tri-

umph in adversity because it was brilliantly managed. GM was a nimble operator, combining innovation with a highly developed system of financial controls and manufacturing processes. Much of the credit for this goes to Alfred P. Sloan Jr., the MIT-trained electrical engineer who assumed GM's presidency in 1923 and didn't let go for nearly a quarter century. GM's strength in adversity, Sloan said in his memoirs, was simply that it could "react quickly" to changing business conditions.

GM revolutionized the fledgling auto industry through the 1920s. Henry Ford may have been the genius of mass production, but it was Sloan and his management team that shaped the market.

GM developed the broad

model line — "a car for every purse and purpose" — annual model changes, instalment buying (through the 1919 creation of General Motors Acceptance Corp.), and the trade-in.

But in a company that built cars in semi-autonomous divisions, they also introduced stringent cash controls and extreme due diligence when making investments in new products. Sloan's crew also implemented modern inventory and production controls along with regular sales and earnings forecasts. The result, as Sloan described it, was the transformation of a "formless aggregation" into "an integrated, effective enterprise" that ran on the principle of decentralization with co-ordinated control.

GM's Depression-era management structure was a revelation. The company dearly needs another one.

Charles Davies is a veteran business writer and editor who has worked for news organizations and publications including Business Week, Canadian Business, Report On Business magazine, Reuters, and Financial Post.



## Views

### Could you be heartless to your 'faves?'



**Steve ShROUT**

Metro Alberta Publisher

Someone recently asked me, "What are you giving up for Lent?" Trying to be the cool guy, I suggested perhaps my cellphone. Apparently it was the most humorous thing this person has ever heard. Taking the snorts personally, I started thinking. The Secret Service couldn't pry it from Obama's hands, so why would I give it up willingly? Over the last few weeks, my cellphone has risen to presidential status making it easier to justify why I carry one like a six-shooter on my hip! (LOL.) My whole style of commu-

nicating has changed over the past couple of years. What am I ABT2 do?

My friends think I'm addicted, but that's not my POV. I am pleased that my thumbs have found a new purpose in life! My smartphone is my life ... my email, telephone, Facebook, and general "thinking companion" ... till death do us part. Can I live without it? A separation of sorts; not for a lifetime, but just 30 days.

Am I crazy? What if it takes me a couple hours to respond to people? Will I miss business deals, memos, or, more importantly ... general office banter and useful gossip! I may be sacrificing the social status I have textured so hard to achieve!

**What if it takes me a couple hours to respond to people? Will I miss business deals, memos, or, more importantly ... general office banter and useful gossip!**

For instance, before I received my smart phone sitting impatiently at red lights was waste of time ... now they're just not long enough as I finish that last sentence of humorous and sometimes wise prose. I now have a new appreciation for the horns of some of the more exotic cars out there!

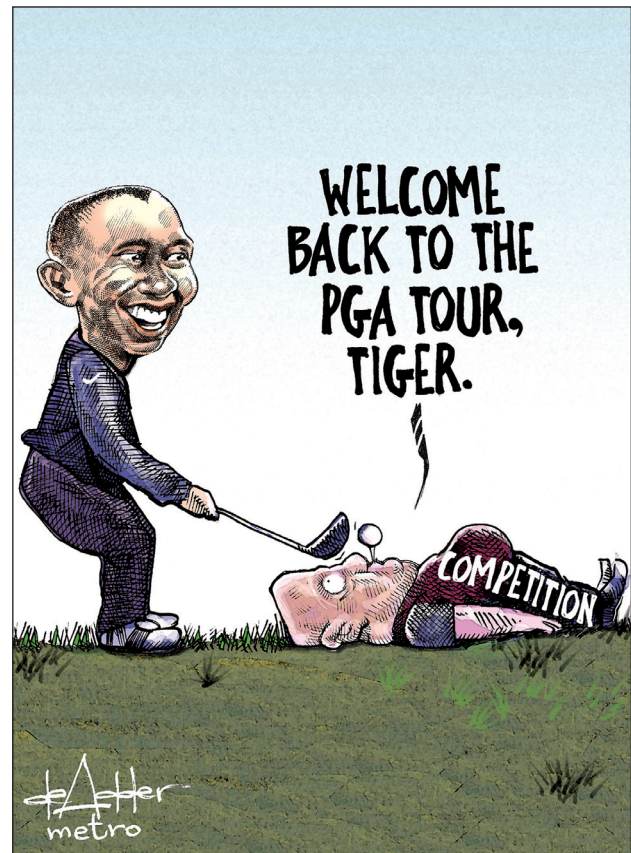
My "friends and family" love it when I'm the first to respond to every question, right? That's indeed what makes me so special! And what about photos? I'm pretty sure everyone loves

to see the world from my point of view so I send them proof of my "whereabouts" at whim. They always respond "LOL" or "KEWL!"

Giving up the smart phone may be a great experiment for me, but I'm just not sure I could be that heartless to all my "faves!"

Besides, does this thing even have an off button?

Metro Alberta Publisher, Steve ShROUT has become proficient with technology and quite often experiences "phantom buzz" when separated from his cell phone.



## Worth mentioning

### Employee tardiness on rise

One in five U.S. workers say they are late to work at least once a week, according to a survey released yesterday.

The most common excuse is traffic, followed by a lack of sleep and getting children ready for school or daycare, said the survey conducted for CareerBuilder.com, an online job site.

Other frequent excuses are problems with public transportation, wardrobe issues or dealing with pets, it said.

One in 10 workers said they are late to their jobs at least twice a week.

Tardiness is on the rise, the survey said. In this poll, 20 per cent said they were late at least once a week. In a similar one taken a year earlier, 15 per cent said so.

The nationwide online survey was taken among 3,259 full-time hiring managers and human resource professionals and 8,038 full-time employees

from Nov. 12 to Dec. 1 last year.

The poll also collected outrageous excuses for being late. One person reported having to take a second shower after walking into a spider web. Another said her husband thought it was funny to hide the car keys. Someone else claimed his car's left-turn signal was broken so he had to make all right turns to drive to work.

A third of the managers surveyed said they have terminated an employee for being late, it said.

The poll was conducted by Harris Interactive on behalf of CareerBuilder.com. Harris Interactive said the results had a sampling error of plus or minus 1.72 percentage points among the managers, and 1.09 points among the employees.

CareerBuilder.com is owned by Gannett Co Inc, Tribune Co, McClatchy Co and Microsoft Corp. REUTERS

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Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.



**Merkel wants global ban on bonuses for bad bankers**

German Chancellor Angela Merkel said in a speech yesterday she wants to see an international ban on bonus payments to bad bankers. "There's no way that bankers should be paid a bonus if their business year was bad," she said at the rally north of Berlin. **REUTERS**

9

# Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## The DAILY BUSINESS BUZZ

**MedMira settles with debt holders:**

MedMira Inc. has announced that it has reached an agreement with debt holders to settle a total of \$582,578 owing for debts to the company through the issuance of 10,592,328 common shares.

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**DAILY BUSINESS BUZZ**  
**nsbj.ca**

## CBC likely to cut back

**The Canadian government said yesterday it expects the taxpayer-funded CBC to clamp down on costs amid reports that the broadcaster is facing an advertising revenue shortfall for the coming year.**

"We expect the kind of belt-tightening at the CBC as we see with other broad-

casters," Deirdra McCracken, spokeswoman for Heritage Minister James Moore, said yesterday.

Her comments came in response to questions about whether the government would be willing to give more money to the CBC, after newspapers reported that the broadcast-

er may suffer an ad revenue shortfall of up to \$65 million in 2008-09.

Karen Wirsig, spokeswoman for the Canadian Media Guild, which represents 5,500 employees at the CBC and Radio-Canada, said she does not expect any increase in funding this year.

**REUTERS****In brief**

**NORTEL** Ailing telecom equipment maker Nortel Networks Corp. cut another 3,200 workers worldwide yesterday as it fights to survive under the cover of bankruptcy protection.

**CANWEST** Debt-strapped Canwest Global Communications Corp. has raised a little cash by selling part of its stake in sports broadcaster The Score for \$6.62 million.

**METRO NEWS SERVICES**

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Sports



Goodell takes big pay cut

NFL commissioner Roger Goodell voluntarily took a cut of 20-25 per cent from the \$11-million US in salary and bonuses he was to receive in the 2008 fiscal year, as a result of the reeling economy. The NFL, which is generally considered to be by far the wealthiest and most financially-stable sports league in North America, reduced staff by 169 jobs — or 15 per cent of its workforce — in December. METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

QMJHL

ATLANTIC DIVISION

x-Moncton	44	10	6	94
x-Cape Breton	40	17	4	84
x-Saint John	29	26	4	62
Bathurst	20	28	12	52
P.E.I.	21	29	9	51
HALIFAX	16	37	6	38

x-clinched playoff spot

TONIGHT

P.E.I. at HALIFAX, 7

FRIDAY

Cape Breton at HALIFAX, 7

SUNDAY

HALIFAX at P.E.I., 4

PBL

ATLANTIC CONFERENCE

Manchester	12	3	800
Vermont	8	6	571
Halifax	8	7	533
Montreal	3	8	273
Quebec	3	9	250

PLAYOFF RACE

(top two teams qualify for wildcard play-in game)

Wilmington	9	4	692
Augusta	7	5	583
Vermont	8	6	571
HALIFAX	8	7	533

FRIDAY'S GAME

HALIFAX at Montreal, 8

NHL

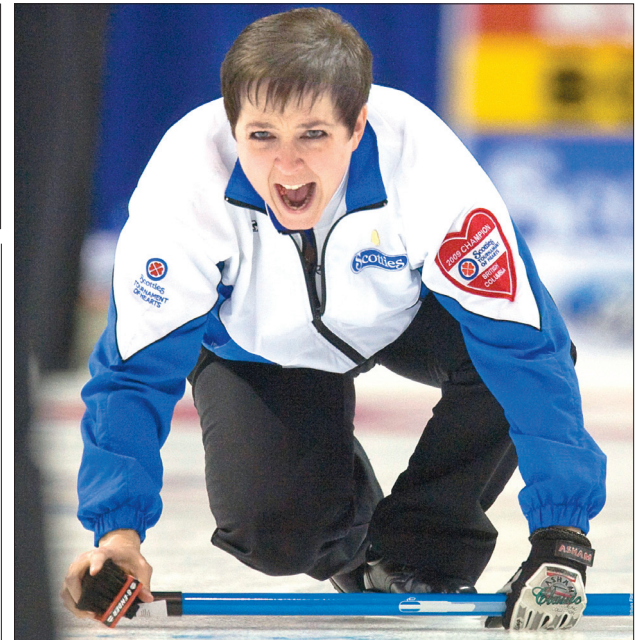
YESTERDAY'S RESULTS

Toronto 2 N.Y. Rangers 1 (SO)

Detroit 4 San Jose 1

Philadelphia 2 Los Angeles 0

Pittsburgh 1 N.Y. Islanders 0



British Columbia skip Marla Mallett reacts to a shot against Nova Scotia at the Canadian women's curling championships.

# B.C. rink on a roll

MATTHEW WUEST  
matthew.wuest@metronews.ca

Defending champ Jennifer Jones has lost three of her past four and British Columbia's Marla Mallett has separated herself from the pack at the Scotties Tournament of Hearts.

Mallett improved to 7-1 at the Canadian women's curling championship in Victoria with a 9-2 win over Nova Scotia's Nancy McConnery yesterday. She was playing Kerry Galusha of the Yukon/Northwest territories in last night's late draw, but the result was not available at press time.

Jones, meanwhile, split a pair of games yesterday, losing 8-4 to Newfoundland and Labrador's Heather Strong, but finding her form in a 10-3 bounce-back victory over Quebec's Marie-France Larouche. The Winnipeg skip dropped a pair of games Tuesday.

Jones had a 6-3 record at press time, second behind Mallett. Larouche, P.E.I.'s Robyn MacPhee and Saskatchewan's Stefanie Lawton were tied for third at 5-3.



Jones and Mallett are set to face each other in the final draw tonight starting at 10:30 p.m. The top four teams at the conclusion of the round robin advance to the Page playoffs.

Dartmouth's McConnery was alone in last place with a 1-8 record.

## A-Rod homers as Yanks beat Jays

GRAPEFRUIT LEAGUE

Yankees 6 Blue Jays 1

 VS 

Alex Rodriguez says he has been hit with derision from fans for over a decade now, so yesterday's light smattering of boos and one liners in his first game of spring training was "no big deal."

"I'm just so used to it, it's been a decade going on now, so I felt relaxed out there and had fun," Rodriguez said after hitting a two run homer in leading his Yankees to a 6-1 win over the Blue Jays in Dunedin, Fla., yesterday in the Grapefruit League opener for both American League East clubs. TORSTAR NEWS SERVICE

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**Huskies volleyball player named second-team all-Canadian**

Shubenacadie's Kerri Smit of the Saint Mary's Huskies women's volleyball team was named a second-team all-Canadian yesterday. Halifax's Katherine Ryan of the St. Francis Xavier X-Women cracked the national all-rookie team. **METRO HALIFAX**

sports **11**

# Power play gives Huskies edge

**MATTHEW WUEST**  
matthew.wuest@metronews.ca

**Teams should know by now that putting the Saint Mary's Huskies on the power play is committing hockey suicide.**

But the Moncton Aigles Bleus paraded to the penalty box 12 times last night at the Forum and the Huskies' conference-best power play punished them by scoring all five goals in a 5-4 win in Game 1 of the Atlantic University Sport semifinals.

The five-man unit of forwards Marc Rancourt, Cam Fergus and Cody Thornton and blue-line brothers Scott and Andrew Hotham systematically picked apart the Aigles Bleus in textbook fashion. No other Huskies recorded points.

"Our power play's just unbelievable, it's been clicking all year," said Huskies forward Kyle Doucet.

"It's nothing out of the ordinary seeing those guys move the puck around the way they do, but it's definitely a bonus for our team."

"I don't know where we'd be without them."

The Huskies overcame a 2-1 deficit late in the second period with three goals in a 4:01 stretch. The final two came 37 seconds apart, the first on a 5-on-3 and the second on the remaining 5-on-

4. That put them up 4-2 going into the third.

Andrew Hotham (goal, three assists) and Scott Hotham (four assists) led the way and Fergus (two goals), Rancourt (goal, two assists) and Thornton (goal, assist) took care of the rest. The unit fired 26 of the Huskies' 38 shots.

So how do you get a team to take 12 penalties? Officiating may well have played a role, but the Huskies' tireless effort down low in the offensive zone was crucial.

"The guys really moved their feet and forced them to take penalties," said Andrew Hotham.

Truth be told, the Huskies almost committed hockey suicide themselves, parading to the penalty box eight times and nearly letting Moncton tie it in the third.

A crowd of 1,023 cheered on the Huskies, who may offer the most exciting hockey in town with the Mooseheads toiling in last place and struggling to make the QMJHL playoffs.

"Throughout the season, sometimes, it's a little dull with the (smaller) crowds, but when you see a good crowd like tonight, it helps us getting our energy up," Doucet said.

Game 2 of the best-of-five is Saturday at 7 p.m. at the Forum.



Universite de Moncton forward Marc-Andre Cote slides the puck past Saint Mary's Huskies defenceman Scott Hotham and goalie Brandon Verge, but wide of the net during the second period of the AUHC semifinal playoff game at the Forum yesterday.

## Moosehead rookie keeps low profile

**MATTHEW WUEST**  
matthew.wuest@metronews.ca

**HOCKEY** Here's an indication of how far below the radar Alex MacDonald has flown for the Halifax Mooseheads: When his teammates informed him of an interview request at practice yesterday at the Metro Centre, he didn't believe them.

Fair enough, Alex. The 17-year-old rookie defenceman hasn't really done anything — for better or for worse — to warrant an interview. He's not setting the world on fire offensively, yet he's not committing any glaring turnovers.

In other words, he's doing pretty much exactly what a rookie defenceman should be doing in the QMJHL.

"I was really nervous coming into training camp, but right off the bat, I started playing a fair bit," said MacDonald. "I got my chances and things got better from there."

MacDonald has eased himself into the league, ap-



Rookie Mooseheads blue-liner Alex MacDonald has had a quiet but steady season.

pearing in 42 games and sitting as a healthy scratch for 17 others. He has no goals, five assists and is a minus-11.

The six-foot-four 183-pounder has shown good mobility and logs occasional time on the power play. And while it might be easy to get burned on a team struggling as much as the Mooseheads, MacDonald has been safe and steady.

"Hopefully he can learn from a year like this and use that experience for the fu-

### Playoff push

• The Halifax Mooseheads are facing what amounts to must-win games tonight against the P.E.I. Rocket and tomorrow against the Cape Breton Screaming Eagles.

Victories in both contests — 7 p.m. starts at the Metro Centre — would help Halifax (16-37-6, 38 points) move out of the basement and closer to a playoff spot. Losses mean all but mathematical elimination from

the post-season.

To move into playoff position, the Mooseheads need to catch at least two of the following teams: Lewiston (42 points), Baie-Comeau (43 points) and Val-d'Or (43 points).

"We're still optimistic, we're not too far behind," said Mooseheads captain Graham Bona. "We haven't shot ourselves in the foot too bad yet. There's no give-up in this team yet."

he's a big part of the Mooseheads' future on defence along with veteran anchors Gabriel O'Connor and Pascal Amyot.

His development will be critical next season with the graduation of 20-year-olds Bona and Justin Pender.

"I'm going to go back home and work hard this summer and try to get better," MacDonald said. "Hopefully, next year, I'll play in most of the games and get a regular shift."

### "He could be a top defenceman in this league."

Mooseheads captain Graham Bona

ture of this organization," said Mooseheads captain Graham Bona. "He's got really good potential and he could be a top defenceman in this league."

The Moncton native has done what he can to ensure

### Sports in brief

**AUS BASKETBALL** Dalhousie Tigers guard Jenna Kaye was named an Atlantic University Sport women's basketball first-team all-star yesterday. Teammate Laurie Girdwood cracked the second team, as did Saint Mary's Huskies guard Kelsey Daley. Halifax's Keisha Brown and East Preston's Sondra Medley, teammates at Acadia, earned all-rookie honours.

**AUS BASKETBALL** The host Dalhousie Tigers thumped the Acadia Axemen 96-79 last night to move into third in the Atlantic University Sport men's basketball standings. The Tigers can clinch third against the fourth-place Saint Mary's Huskies in the final game of the season on Saturday at The Tower. The Huskies are two points behind in the standings.

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# Metro Homes

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA



## Last blast

If you're a fan of Domino, the hip U.S. glossy that blew a breath of fresh air through the shelter mag world, this is your final chance to pick up a copy. The March 2009 issue is the publication's last. METRO NEWS SERVICES

# Beat the blues with glitz, glamour

## HomeScape

Sylvia Putz

metronews.ca/homescape

It's grey outside and winter is getting a little tiresome. But, as mother always said, it's best to look on the bright side. So I'm thinking about introducing a little decadence and opulence into the home as a way to boost the spirits. You know, touches of richness such as silk or satiny fabrics, over-the-top chandeliers, gilt-edged furniture with elaborate handles, and fringed lampshades.

The look reminds me of living like a movie star in the '30s and '40s. So it's not at all strange that some call the look "Hollywood Regency." It's really an eclectic mix of Asian, Baroque, Neoclassic and Art Deco. But whatever it is, it's all over the place these days.

At the Dream Home at the National Home Show in

Toronto you can see all manners of shiny and rich detailing: Mirrored furniture, lighting with crystals, shiny enameled furniture, gilded decorative birdcages or furniture, shimmering reflective patterned wallpapers, and so on.

It's all about the details. Small ornate touches give a feeling of richness and wealth; it wafts glitz and glamour. However, to save the look from going totally overboard, the rich detailing is combined with clean-looking décor foundations, a luxurious minimalist look, if you will. For example, introduce a few elaborately upholstered old-fashioned chairs with button tufting, or a buffet edged in gilt into a quieter contemporary space.

No doubt about it, there's Hollywood tacky with too many home decor items that scream, "Hey, look at me, I'm rich." Not necessarily a classy look. And then there's Hollywood elegant, a sophisticated look, with a few tasteful nods to decadence, richness and luxury. Designers of the time were creating homes that were

destinations, so people in the business could impress each other with their cushy and elegant homes. Not that you necessarily care about this, but the main thing is that you may find you impress yourself with your ability to introduce luxury into your home decor at a time like this.

I've said it before, and I'll say it again. In these difficult economic times, putting a luxe touch — a-la-old-fashioned-Hollywood — into your home may seem exactly opposite to what economic realities dictate, but this is precisely what gives the look its appeal. A little luxury can go a long way if you're feeling a tad bleak. And you don't need to overdo it and you don't have to spend a fortune. All you need is a few effective pieces to achieve this look.

For example, black or dark shiny lacquered furniture or surfaces painted with glossy paints are a part of the Hollywood look. Also check out antique shops for furniture with the circular or eight-sided "Chinese medallion" pattern in the chair backs or the front of a

china cabinet, for example.

Sumptuous fabrics play a big role in the look as well. Think velvet drapes, silk lampshades with fringes (that you can glue on) and thick, sculpted rugs. Rich and sumptuous throw pillows can make quite a splash, as can decadent faux fur throws. "Chinoiserie", or Chinese-looking vases and decor items fit nicely into the mix as well.

In the bedroom, if you go for "bedspreads", think of shiny, silky, or satiny fabrics, with an array of ruffles and elaborate stitching.

Another great thing about this look is that you can safely combine vintage or borderline tacky with a few high-quality details and make the total look work, lowering your redecorating costs. One thing is sure — waiting out the winter in these surroundings will be a pleasure, dahling.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show *Arresting Design*; sputz@arrestingdesign.com.



If you want to add some glamour to your house, silk or satiny fabrics, over-the-top chandeliers and gilt-edged furniture are a good choice.



# Renovation tips for those taking the plunge

VANESSA GRECO  
for Metro Canada



**RENOS** Whether it's distressed wood, faux-finishes, decorative finials, or oil-based enamel, Craig Stewart has seen it all. After 12 years in the custom-made

furniture business, there are few renovation dreams he can't make a reality.

When a customer approached him about creating the mother of all wall units — a 40-foot, cherry wood unit, with a television set that lifted on hydraulics — Craig didn't flinch, he

contacted his craftsmen.

Thirty-eight thousand dollars later, that cherry wood wonder was born.

"With home renovation the sky is the limit," he said. "Anything can happen with a plan and for a price."

When it comes to renovating a dowdy room, most homeowners have trouble getting past the starting line. Stewart shares a few choice tips on how to reignite your love affair with renovation.

### CONSIDER THE COST

When renovating, it's all about how elaborate you want to get, said Stewart.

"Many rookies don't do enough research on the cost of their project," said Stewart. "A lot of times they wind up getting to the final stages and don't have enough money to finish."

When Stewart renovated his own basement and did the whole nine yards — flooring, walls, lighting — it cost about \$20,000.

### GRAB YOUR TAPE MEASURE

Before stepping into any



Seen here are some picks from Amish Furniture Outlet.

stores, homeowners should put together a scaled drawing of the room they'd like to renovate. Record all dimensions, and don't forget the location of the doors and windows.

### GET INSPIRED

It could be your grandmother's old Victorian dresser, or elaborate crown

molding. If there is a particular style that catches your eye, work with it. Ask a consultant what they can do to help you mimic that design.

"Sometimes homeowners ask to match the style of an existing piece of furniture," said Stewart. "They might sift through magazines, or take a long walk through

our display room because they have no clue what they want — and that's ok."

### WHERE TO START

"Furniture is the last thing that goes into a room, but always the first thing you should plan for," said Stewart, adding that the last decision should be paint colour.



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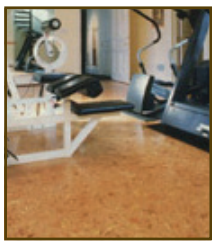
# Ask Your Home Specialist

Advertising Feature

## Advertising Feature

## Trends in Today's Flooring

Flooring today is much more than just floor covering. It is about fashion, design and the environment. There are now a variety of flooring products that are both fashionable and eco friendly, for example: cork, bamboo and even carpet, specifically, Smartstrand by Dupont Sorona.



**Cork:** A renewable and natural product that modern technology has been unable to match. Harvested from the bark of trees, it is made of millions of tiny cells each functioning as a thermal insulator with a cushion like shock absorber. This makes cork extremely comfortable, warm, and resilient. It is great for those who spend a lot of time in their kitchen and want warm soft floors, and is a great alternative to ceramic flooring for kitchens and dens.



**Bamboo:** This natural eco friendly product is renewable and stylish. Bamboo flooring comes in many different styles and colours. Depending on how the Bamboo is cut and made into flooring, it will have either a vertical or horizontal weave pattern, creating two very different styles and designs. The fashionable Bamboo flooring is a great alternative to hardwood. It is extremely durable, and often exceeds the performance of traditional hardwood floors. It goes well with modern contemporary home designs.



### Carpet - Smartstrand by Dupont Sorona:

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Most stores offer paper bags for loose mushrooms. Refrigerate mushrooms in paper bags to allow mushrooms to breathe, rather than a plastic bag which accelerates deterioration. **METRO NEWS SERVICES**

# Food

Long touted as a super food in Asian culture, mushrooms are becoming the focus of scientific studies exploring their health benefits.

Barb Holland/for Metro Canada



## Munch on this

Fresh mushrooms contain antioxidants, cancer-fighting nutrients, both soluble and insoluble fibre, and are a good source of riboflavin and other minerals.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONews.CA

### Liquid Assets

Peter Rockwell



liquidassets@eastlink.ca

### Thrifty thirst

Forget about country, region, producer or even grape variety; if my email inbox is any indication when it comes to wine, the only thing many of you are interested in during these turbulent times is something to sip on that doesn't drain what's left in your bank accounts.

Blame the economy. As it flounders in a sea of uncertainty even some of the uppity snobs I know (those that usually wouldn't dirty their glass with the likes of a simple quaffing wine) have taken to scanning liquor store shelves in hopes of finding a recession-friendly tippie. Most have discovered that South America is the liquid oasis for those as thrifty as they are thirsty.

As the globe's fifth largest wine producer, value-priced juice is oozing out of Argentina — especially from its major players like **Bodega Trapiche**. Its **Astica** (\$7.45 - \$9.00) line is a constant winner with both the 2007 Sauvignon Blanc Semillon and 2007 Merlot Malbec solid, food-friendly easy-drinkers.

When it comes to bang for your buck **Concha y Toro's 1500 ml Frontera** (\$14.95 - \$17.56) Cabernet Sauvignon Merlot and Sauvignon Blanc from neighbouring Chile are hard to beat if you're looking to trade down without sacrificing flavour.

Prices reflect the range across the country. Some products may not be available in all provinces.



### Riding the Recession

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

# Get hungry for some fungi

## À la carte

Barb Holland

Metro Food Writer

Locally grown and readily available year-round, we often take this all-season vegetable for granted.

According to **Mushrooms Canada (mushrooms.ca)**, the total mushroom production in Canada is a staggering 105 million kg with Ontario producing about 57 per cent, B.C. 27 per cent, the Prairies 12 per cent and eastern Canada 4 per cent.

Of that, about 25 per cent are exported to the US. White and brown (Crimini and Portabella) make up 90 per cent of the mushroom crop in Canada, the remaining 10 per cent are specialty mushrooms such as shiitake, oyster, King oyster and enoki. Mushrooms vary in shape, size, texture and flavour and are much more than a pizza topping. They are low in fat and sodium and contain many important nutrients.

### Asian Chicken Noodle Soup

This colourful and oh-so-healthy recipe, from Foodland Ontario, features Shiitake mushrooms. Serve it when feeling a little under the weather or need an immune-enhancing boost.

Provide garnishes of green onions, coriander leaves and kick-it-up chili garlic sauce to put in the bottom of deep soup bowls before ladling in soup. Serve with both a spoon and fork (or chopsticks if you're dexterous). Makes about 10 cups/2.5 L, 4 servings.

#### INGREDIENTS:

- 2 boneless, skinless chicken thighs, fat removed and thinly sliced
- 1 onion, diced
- 2 cloves garlic, minced
- 1 tbsp (15 ml) minced fresh ginger
- 1 red pepper, cut into fine matchstick pieces
- 2 carrots, cut into fine matchstick pieces
- 2 cups (500 ml) thinly sliced Shiitake or crimini mushrooms (remove stems from Shiitakes)
- 3 oz (90 g) spaghetti, broken into 4ths (about 1 cup/250 ml) or other thin noodle
- 8 cups (2 l) chicken broth, preferably sodium



Asian Chicken Noodle Soup — a bright, colourful recipe that also bursts with good health.

reduced

- 2 tbsp (30 ml) soy sauce
- Garnishes:
- 6 green onions, thinly sliced on diagonal
- Fresh coriander leaves, about ½ cup (125 ml)
- Asian chili garlic sauce, about ⅓ cup (75 ml)

#### METHOD:

In a large saucepan, combine chicken, onion, garlic, ginger, pepper, carrots, mushrooms, noodles and chicken broth. Cover and bring to a boil over high heat. Reduce heat and simmer, covered, until chicken, vegetables and noodles are tender, 8 to 10 min-

utes. Remove any foam that forms on sides of pan during cooking with a rubber spatula. Remove soup from heat and stir in soy sauce. Place green onions, coriander leaves and chili garlic sauce in separate bowls. Let everyone put their choice of garnishes in their soup bowl. Ladle soup into bowls, adding more garnishes as desired.

#### Mushroom Tips:

- Choose firm mushrooms that are uniform in colour and free of blemishes. They should be moist and springy with no damp or wet spots. All varieties

bruise easily, so handle with care.

- If buying packaged mushrooms, leave in the package as is, once opened, place in a paper bag.
- Just before using, wipe mushrooms with a lightly dampened paper towel, brush or lightly rinse, and use immediately.
- Take it Japanese for mushroom and shii, a tree it likes to use as a host. Remove tough stems before cooking.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

## Dinner, dessert with only 10 ingredients

Get ready to create more than 330 meals using only five ingredients ... or less. Quick and easy to make, this new must-have cookbook by Reader's Digest Books is bursting with dishes over a massive 704 pages — from appetizers to main courses, and even desserts. Metro snagged these two simple recipes from **Just 5 Things**:



- 8 lamb chops, cut about ½ inch (1.5 cm) thick
- 12 shallots, unpeeled
- 2 cups (500 ml) dry white wine
- Finely shredded zest and juice of 2 lemons
- 3 tablespoons fresh oregano leaves

#### METHOD:

Preheat the oven to 300°F (150°C/gas 2). Put all the ingredients in a large baking dish. Cover with aluminum foil. Bake for about 2 hours, until the lamb is tender.

Remove from the oven. Pour the liquid into a small saucepan. Bring to a boil over high heat and cook until reduced by half. Arrange the lamb and shallots in individual serving bowls. Pour the cooking

#### Lamb Kleftiko

In this classic Greek dish, the lamb is sealed in a baking dish and slowly baked until tender and succulent. Serves 4.

#### INGREDIENTS:



Lamb Kleftiko and Chocolate and Hazelnut Pots.

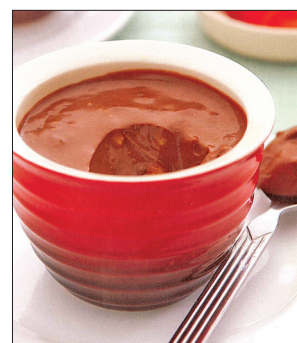
liquid into the bowls and serve hot.

#### Chocolate and Hazelnut Pots

Serves 4.

#### INGREDIENTS:

- 4 ounces (125 g) semisweet or dark chocolate
- ¾ cup (180 ml) heavy (double) cream
- ½ cup (50 g) roasted and coarsely chopped hazelnuts
- 1 teaspoon vanilla extract (essence)



- 1 cup (250 g) fresh strawberries, sliced

#### METHOD:

Melt the chocolate in a double boiler over barely simmering water. Transfer to a large bowl and let cool slightly. Use a large rubber spatula to mix the cream, hazelnuts, and vanilla into the melted chocolate. Pour the mixture evenly into four serving dishes.

Cover with plastic wrap (cling film) and chill for 15 minutes. Serve with the sliced strawberries.

## Riding the Recession

### Meals for a steal

**Athens Restaurant**  
athensrestaurant.com  
6303 Quinpool Road,  
Halifax, NS B3L 1A4  
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The Athens does yummy lamb, moussaka and spanikopita, but their week-end brunch is an institution — perfect for those with big appetites (and thin wallets.)

For \$5.29, you can get your basic two-eggs-and-bacon combo. Hungry? For \$11, you can get the Hercules breakfast: Three eggs, bacon, ham, sausage, two pancakes, and loukaniko. We don't know what loukaniko is, but we might not have room for it anyway.





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British actress Sienna Miller and her designer sister Savannah showed off a sparkling line of clothes for the catwalk debut of their Twenty8Twelve label at London Fashion Week late on Sunday. The collection included mini skirts, spray-on denim and biker jackets. **REUTERS**

# Style



## Coco steps into interviewer role

That Coco Rocha is one smart cookie. The flame-haired 20-year-old Canadian model, who has been tearing up the runways and is a fixture in major fashion magazines, has taken a break from strutting the catwalk this week. Instead, mike in hand and trailing a camera crew, Rocha has been seen conducting television interviews. She is producing an hour-long show on models for E! It's never too soon for a model to start diversifying her career — especially in this tumultuous economy.

TORSTAR NEWS SERVICE

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

# Positively fashionable

## London Fashion Week showcases a stream of optimism

**KENYA HUNT**  
Metro World News



It began in New York with neon bright colours and boldly glamorous looks, but London kicked the fall 2009 fashion week season's defiantly upbeat energy up a notch.

The city's shorter (only four days long) week had an electric, dare we say, celebratory vibe to it that made a great antidote to increasingly dismal financial headlines. "I've had some really great nights out this week. People are really happy and high-spirited and it makes the fashion stronger," says Markus Lupfer, the designer

behind Armand Basi One. Meanwhile, Osman Yousefzada jokes, "What recession?" John Rocha, who has weathered several economic downturns says that he's feeling more optimistic about the new Obama administration. But Lupfer attributes London Fashion Week's strong note to the fact that its designers already know how to wow on little funds.

Here are some highlights from the past week:

**ARMAND BASI ONE**  
Plays on volume in a monotone palette of black and grey were the dominant ideas here, from billowing button-down shirts with

dolman sleeves to the lowest drop-crotch harem pants. Mix in high waist lines, architectural shapes and broad shoulders and you've got a challenging collection to say the least. But one doesn't come to London for the "sellable."

**OSMAN YOUSEFZADA**  
The designer sought inspiration from Blade Runner, which surfaced in the collection's futurist undertones. Standouts were his clean, minimalist dresses such as a beige long-sleeve dress with a pleated skirt. His trousers, which usually came high-waisted, cropped with wide legs, were a bit of a harder sell.

**LUELLA BARTLEY**  
Bob Geldof and daughter Peaches sat front row while her sister Pixie walked the runway in a flirty, punky strapless number worn over a textured long-sleeve tee. The celebrity cameo aside, the real standouts came in a series of more tailored looks in chocolate brown, metallic gold and black, such as an easy, A-line skirt paired with a navy cardigan featuring Luella's trademark polka dots.

Right: The Luella Bartley 2009 fall collection.



GETTY IMAGES

## Trends from Fashion Week in London

**KENYA HUNT**  
Metro World News



### Futurism:

Topshop  
Unique,  
Osman  
Yousefzada  
(pictured)



### Bright colours:

Nicole Farhi, House of Holland (pictured), Charles Anastase, Kinder Aggugini.



## Kenya's Style

**Kenya Hunt**


Read the fashion blog exclusively at [metronews.ca/blogs](http://metronews.ca/blogs)



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Twilight hits stores on March 21

The DVD of the hit film Twilight will arrive in stores on March 21. The DVD will include extended scenes, audio commentary by director Catherine Hardwicke, Kristen Stewart and Robert Pattinson, plus music videos from Muse, Paramore and Linkin Park. **METRO NEWS SERVICES**

# Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA



## Ladies turn Page

Steven Page has left The Barenaked Ladies after more than 20 years. Page is parting company with the remaining in order to pursue solo projects.

MSN.COM

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

# Masterful return of K'naan

### K'naan

**Album:** Troubadour  
**Label:** A&M/Universal  
**Rating:** ●●●●●½

**IF THERE'S ANY** doubt about which North American country can lay claim to having the best rappers around, just listen to K'naan's new record and you'll see that Canada wins. Somalia-born, Toronto-based wordsmith Kanaan Warsame's sophomore effort delivers a masterful record of rap, rock, reggae and everything in between. It's loaded with contagious hooks (I Come Prepared), anthemic arena-ready hip-hop (ABCs) and even a scorching guitar solo by Metallica's Kirk Hammett on If Rap Gets Jealous. With such a strong follow-up effort such as this, it's only a matter of time until the U.S. hands Canada the hip-hop crown.

Bryan Borzykowski/for Metro Canada

### Gentleman Reg

**Album:** Jet Black  
**Label:** Arts & Crafts  
**Rating:** ●●●●

**THE UBER-COOL** folks at Arts & Crafts got themselves a hipster with pedigree when they signed Gentleman Reg (a.k.a. Reg Vermue). He's been a regular with The Hidden Cameras, and has strong ties to indie rock stars The Constantines. On Jet Black, Reg delivers his most accessible music yet. The album starts out strong with the thumping T-Rexish rock of Coastline sweeping into the up-tempo beat and ornamental guitars of To Some It Comes Easy. How can you go wrong with a chorus of "in time I'm going to drink myself into a nursery rhyme?" Reg delivers the knockout punch on track three, playfully partying down with You Can't Get It Back. After that, however, the album proves uneven, at best, with Reg's lisping vocal delivery keeping him firmly on the fringe. At times, it can be alluring. At others, simply annoying.

Graham Rockingham/for Metro Canada

### DD/MM/YYYY

**Album:** Black Square  
**Label:** We Are Busy Bodies  
**Rating:** ●●●●½

**TORONTO'S DD/MM/YYYY MIGHT** have turned some people off with their rambling sophomore disc Are They Masks?, but hopefully those disillusioned fans will give these guys another chance. Their latest is nearly as wacky and experimental as previous efforts, but it's more grounded in actual songwriting. That's not to say there are standard choruses and verses, but each song does have an accessible theme that any-



K'naan's sophomore album Troubadour delivers a masterful blend of rap, rock, reggae and everything in between.

one can follow. Fortunately, the group continues to blast as much noise as possible, with fast fingered riffs and blazing synths

leading the way. Easily one of the best experimental noise records this year.

Bryan Borzykowski/for Metro Canada

### Bell X1

**Album:** Blue Lights on the Runway  
**Label:** Yep Roc/Outside  
**Rating:** ●●●½

**IT'S HARD TO** understand why Irish trio Bell X1 have a diehard following. Their middling rock calls to mind a less mainstream Coldplay or a Radiohead without all the good stuff. Their new disc is definitely an improvement over the banal Flock, but it's not much better. Sweeping electro sounds, high pitched vocals and a mundane keyboard jam on Amelia offer nothing new to Brit-obsessed music fans. They're definitely bet-



### MusicReviews

music@metronews.ca

### more online



• Read our reviews of Howie Beck and The Road Hammers at metronews.ca/music.

ter and more indie sounding than the Fray or even Chris Martin and co., but that's not saying much.

Bryan Borzykowski/for Metro Canada

Listen to this week's reviewed music by following links at metronews.ca/music

### critics' corner

**CSI: Crime Scene Investigation**  
These are the types of story lines that made us fall in love with this series. This week Langston (Laurence Fishburne) and the team investigate three different crime scenes in one night. The three crimes seem to be unrelated, but each case's forensic evidence reveals a common link. 10 PM on CBS, CJCH



**Doc Zone**  
"Who's your daddy?" "No. 61159." Women and couples looking to conceive children via artificial insemination don't know the identities of their sperm donors. But when they're old enough, the children might want to know. The two-hour documentary "Bio Dad" chronicles one man's journey to find out who gave him half his DNA. 8 PM on CBC

**ER**  
Taking cues from Brangelina, Dr. Banfield (Angela Bassett) and her husband (guest star Courtney B. Vance) consider adopting after growing frustrated with in vitro fertilization. Meanwhile, Dr. Carter (guest star Noah Wyle) tries to jump back into working at County but struggles with the new procedures and technology. And Sam (Linda Cardellini) is shocked when her mother (guest star Amy Madigan) comes into the ER. 8 PM on CJCH, 11 PM on NBC

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
2/26/09	31	31	31	ABC	News (N)	ABC Wild News	Inside Edition	Chronicle	Ugly Betty (N)	Grey's Anatomy		Practice
	7	7	7	ASN	The Road to Avonlea		Instant Star	TMZ (N)	Wife Swap (N)	Private Practice		Eleventh Hour
	11	11	11	CBC	Coronation St.	Jeopardy! (N)	Doc Zone A man searches for his biological father. (N)		CBC News: The National			The Hour
	2	2	2	CBC-F	Terre humaine	Pyramide (SC)	Virginie (SC)	Infoman (SC)	Enquête (HDTV) (SC)	M pour musique (HDTV) (SC)		Le Téléjournal
	32	32	32	CBS	News (N)	Evening News	The Insider (N)	Entertainment	Survivor: Tocantins (N)	CSI: Crime Scene Invstgtn.		Eleventh Hour
	69	69	69	CFTM	TVA 18 heures	Le Cercle (SC)	Les Gags	Star Académie:	La Classe de 5e (N) (SC)	Taxi 0-22 (SC)	Caméra café	TVA 22 heures
	6	6	6	CHIF	Entertainment	ET Canada	The Unit	Survivor: Tocantins (N)		The Office	Kink in Hair	News (N)
	9	9	9	CJCH	etalk	Hollywood	ER "T-Minus-6" (N)		American Idol	CSI: Crime Scene Invstgtn.		News (N)
	10	10	10	ELTV	(6) EastLink Television				Podium TV	EastLink Television		
	36	36	36	FOX	Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	American Idol	Hell's Kitchen (PA) (N)		Fox First
primetime	12	12	12	NBC	News (N)	NBC News	Hollywood	Extra (N)	Furious Five	Kath & Kim (N)	The Office	30 Rock
	29	29	29	NW	World News	Business	CBC News	Newman	The Hour Joe Clark.		CBC News: The National	Nature-Things
	4	4	4	PBS-B	NewsHour With Jim Lehrer	Greater Boston	Basic Black		Stevie Wonder-White House		James Brown Saved Boston	Independent
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus		Stevie Wonder-White House		Ask This Old	Michigan
	68	68	68	TQS	(6:30) Le Retour (SC)	Grande fille	Un monde bête		Le Parfait mensonge (2005, Suspense)	Daphne Zuniga.		110 pour cent
	23	96	96	BNN	Business News	Headline	Market Call	Commodities	GetConnected	Business News	Squeeze Play	Market Call
	18	18	18	CNN	Situation Room-Wolf Blitz	Lou Dobbs Tonight			CNN Presents "Black in America: Black Women & Family"			Cooper 360
	54	54	54	GOLF	Golf Central	PGA Tour Golf	Mayakoba Classic -- First Round.		PGA Tour Golf: WGC Accenture Match Play Champ.			
	52	52	52	RSE	Sportsnet Con.	UFC: Access	Overtime	NHL Hockey San Jose Sharks at Ottawa Senators. (HDTV) (Live)				Sportsnet Con.
	55	55	55	SCOR	Hockey Talk	Game On	Poker 888.com UK Open.		NBA Basketball Cleveland Cavaliers at Houston Rockets. (Live)			
sports	45	45	45	SPD	Unique Whips		Pink My Ride	Pass Time (N)	Pinks -- All Out		Bullrun (HDTV)	Bullrun (N)
	53	53	53	TSN	Curling: Tournament of Hearts	SportsCentre	That's Hockey!		World Series of Poker: Europe		Curling: Tournament of Hearts	
	43	43	43	FAM	Zoeys 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek
	44	44	44	TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	Futurama	V for Vendetta (2006)	
	26	26	26	TREE	Ni Hao, Kai-lan	Big & Small (N)	Backyardigans	Night Grdn	Max & Ruby	Franklin	Little Bear	Maggie-Beast
	27	27	27	YTV	Drake & Josh	iCarly	H2O, Just Add	Prank Patrol	Malcolm-Mid.	Futurama	Zixx Level	Prank Patrol
	16	16	16	A&E	The First 48 (HDTV)	The First 48			The First 48 (HDTV)		The First 48 (HDTV) (N)	The Beast (N)
	70	70	70	APTN	News	Suaangan	Wapos Bay		By the Rapids	renegadepress	The Replacements ** (2000, Comedy)	
	50	50	50	BET	106 & Park: BET's Top 10 Live Top	10 countdown. (Live)			The Matrix Revolutions ** (2003, Science Fiction)	Keanu Reeves.		
	37	37	37	BRVO	Street Legal	Camera	Snapshot		Bathroom Divas-Opera Star		Last Mogul: Life and Times of Lew	
family	25	25	25	CMT	The Wreckers	Sessions	Our Song	Flashback	Home Improve.		Reba	Reba
	49	49	49	COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park
	153	153	153	COURT	Truth, Duty, Valour		World's Wildest Police Videos		Cops Uncut	Dumb Criminal	Aggro	Police Videos
	38	38	38	DISC	How It's Made	How It's Made	Daily Planet (N)		MythBusters		MythBusters	MythBusters
	34	48	48	HGTV	Holmes on Homes		House Hunters	Property Virgin	Holmes on Homes		The Fix	Disaster DIY
	46	46	46	HIST	Deep Wreck Mysteries		NCIS "Eye Spy"		Dogfights		Deep Wreck Mysteries	NCIS
	17	17	17	MM	Brit Awards '09 (N)				Paris Hilton's My New BFF		Brit Awards '09	
	19	19	19	MMM	MusicProfile	mmmtp10.com		Back In	Dream	Where You At	RuPaul's Drag Race	RuPaul's Drag
	201	201	201	M1	(6:45) Past Lies (2008)		(8:15) Legacy (2008, Comedy-Drama)		Haylie Duff.		The Promotion ** (2008, Comedy)	
	48	23	23	OLN	American Gladiators		Bounty Hunter	Bounty Hunter	Survivorman		Mantracker	Bounty Hunter
cable variety	51	51	51	PEACH	Seinfeld	Friends	House-Payne	House-Payne	Friends	Friends	Friends	Friends
	206	206	206	PIX	(5:45) Murder by Decree		(7:50) Arizona *** (1940, Western)		Jean Arthur.		The Limey ** (1999, Crime Drama)	
	67	67	67	RDI	RDI en direct	RDI en direct	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)	RDI en direct
	39	39	39	SHOW	Wife Swap		The Outer Limits		Love-Death	Love-Death	Trailer Park	Trailer Park
	40	40	40	SLICE	X-Weighted "Sharia"		Til Debt-Part	Rich Poor	Bulging Brides	Bulging Brides	Last 10	Last 10
	47	47	47	SPACE	Stargate SG-1		Pretty Bloody Women.		Chuck (HDTV)		Star Trek: Voyager	Chuck
	14	14	14	SPIKE	CSI: NY (HDTV)		CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		TNA IMPACT! (HDTV) (N)	
	57	98	98	STAR	etalk	Hollywood	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	All in the Fame-ly	Tonight Show
	21	21	21	TLC	What Not to Wear		Sports Disasters (HDTV)		Overhaul'n' (HDTV)		Street Customs (N)	Heil-Loggers
	56	34	34	TROP	What Happen?	What Happen?	Make or Break	Naked Fashion	Family Guy	Seinfeld	Seinfeld	Raymond
cable variety	20	20	20	TV5	Que.-champion	Journal de Fr2	Destinations	Fourchette	Club social		Envoyé spécial	
	28	28	28	V	Mysterious Island		Murder, She Wrote		Wait for God	'Allo, 'Allo!	The Gospel Road (1973, Docudrama)	
	60	97	97	VIVA	Mysterious Ways		Judging Amy		Commander In Chief		The West Wing	Passion
	22	22	22	W	Style by Jury	Style by Jury	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House
	251	251	251	WGN	Be-Millionaire	Evening News	Two/Half Men	Family Guy	Smallville "Bloodline"		Supernatural (HDTV)	WGN News





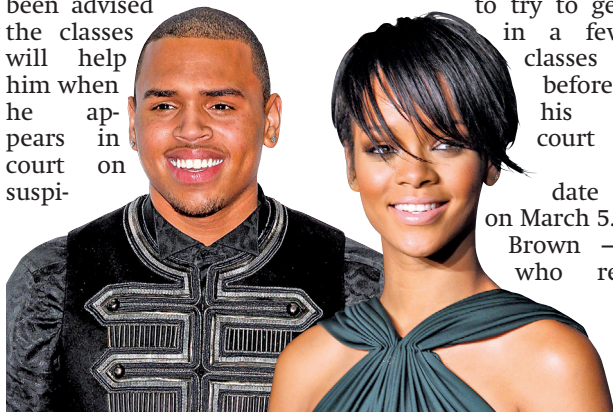
Art seems to imitates life on the set of True Blood, usmagazine.com reports. Anna Paquin and Stephen Moyer — who are romantically linked on the HBO vampire series — are a couple off screen as well. “We are together,” Moyer told TV Guide Magazine. **METRO NEWS SERVICES**

## Celebrity Buzz

# Brown in anger management classes?

**LEGAL** Chris Brown is taking anger management lessons, femalefirst.co.uk alleges.

The Run It singer, who allegedly beat up his girlfriend Rihanna earlier this month, has reportedly been advised the classes will help him when he appears in court on suspi-



cion of making criminal threats next month, the website reports.

A source said: “Chris doesn’t actually have to go by law, but he believes it will make him look better to the public, and he wants to try to get in a few classes before his court date on March 5.”

Brown — who re-

cently released a statement saying he was “sorry and saddened over what transpired” — is believed to have attended his first class in California on Monday.

It has also been claimed 21-year-old Rihanna has a bad temper and the pair had several heated arguments before the incident in Brown’s car on Feb. 7, the website also alleges.

The source added to the New York Daily News newspaper: “Rihanna is temperamental, too. They’re both too hot-headed for their own good.”

“It didn’t

help that Rihanna grabbed the keys out of his rented Lamborghini and threw them down the street. She knew it would really infuriate Chris, and it worked.”

It is believed the Barbados-born beauty will be required to appear at her estranged lover’s court trial, forcing the pair to see each other for the first time since Chris was arrested.

The source explained: “Rihanna will be there, she has to testify. If Chris is convicted, it would be his first offence. He won’t go to prison.”

**METRO NEWS SERVICES**

# Brit’s ex charged in hit and run

**LEGAL** An arrest warrant has been issued for Britney Spears’ paparazzo ex-boyfriend to face felony charges of trying to avoid a process server — with the help of some German engineering, people.com reports.

According to L.A. prosecutors, the victim was serving a temporary restraining order, obtained by Spears’ father, at Adnan Ghalib’s apartment complex in Encino on Feb. 11 when Ghalib got into his Mercedes and drove it toward the victim.

To avoid being pinned against a trash truck, the victim jumped on the hood and hung on as the car swerved, eventually falling off and breaking his wrist, among other injuries, the district attorney alleges. Ghalib al-

legedly drove away without stopping, the website adds.

Ghalib was slapped Tuesday with three felony charges of assault with a deadly weapon, hit-and-run and battery, all worth up to seven years in prison if convicted. The charges include special allegations: Use of a deadly weapon — a car — and great bodily injury. Prosecutors are asking bail be set at \$110,000.

**METRO NEWS SERVICES**



# Rosie on menopause, Madonna and beer

**PEOPLE** Rosie O’Donnell has been emailing back and forth with Madonna about menopause, she reveals in an interview on The Tyra Banks Show to air today and tomorrow, usmagazine.com reports.

“(Madonna’s) great, she’s a lot like a big sister,” O’Donnell says. “When I started having my hormone things, I’m like, ‘What the hell is going on?’ she’s like, ‘Get the cream.’”

The for-

mer View host doesn’t hold anything back when talking about her body.

“Well let me tell you one thing, Tyra: I am about to be 47 next month and Aunt Flow has not shown up for nine months,” she says.

Other changes in O’Donnell’s life? She’s given up booze. “I stopped drinking on Dec. 1. It has not been easy,” she admits. “On Nov. 29, I was with my son, who is now 13,

and I said to him, ‘Park, can you get me a beer?’” she says. “And he said, ‘No I don’t want to.’ And I said, ‘Really why not?’ And he says, ‘Because you know what, I think you drink too much beer ... Lately I think it’s too much.’”

**METRO NEWS SERVICES**

# Marilyn and Evan back on?

**RELATIONSHIP** Marilyn Manson and ex-girlfriend Evan Rachel Wood have sparked speculation their relationship is back on after the two were allegedly seen leaving a hotel in Los Angeles hours before Wood was to appear at the Oscars. The rocker reportedly called the actress his “girlfriend” before the two climbed into a car together, femalefirst.co.uk reports.



# Bacon is Julia’s biggest vice

**PEOPLE** Like many people, actress Julia Louis-Dreyfus admits she struggles when it comes to maintaining her weight, people.com reports.

“I have to work at not being fat,” the former Seinfeld star, 48, tells Shape.

Balance between indul-

gence and discipline helps her stay slim — and sane.

She admits to keeping a stash of chocolate in her desk, and says “My biggest food vice is bacon ... In fact, I don’t keep bacon in my house — that would be way too tempting.”

**METRO NEWS SERVICES**

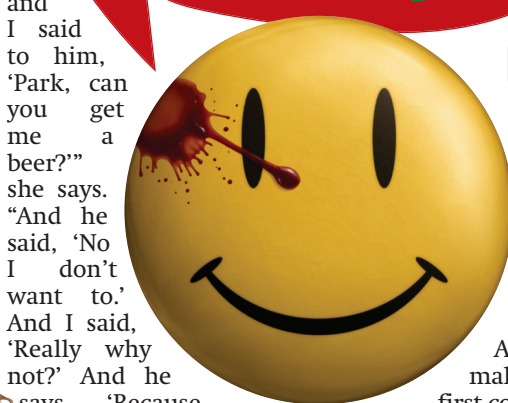
# Must love shoes: Keira

**PEOPLE** Keira Knightley is attracted to men with good shoes, femalefirst.co.uk reports.

The Duchess star, who has been dating actor Rupert Friend for three years, said: “I go for someone who is

a little brooding and some- body you can have a good conversation with, a good fight with, who will always keep you guessing and make you laugh. And he has to have good shoes.”

**METRO NEWS SERVICES**



# Jonas Bros. love Rick, Prince

**PEOPLE**

The Jonas Brothers are obsessed with Rick Astley, femalefirst.co.uk re-

ports. The musical trio are big fans of the ‘80s British singer and regularly cover his most famous hit.

Kevin Jonas said: “A big one for us that we sing all

the time is Rick Astley’s Never Gonna Give You Up. Have you ever seen him, by the way? His voice does not match his body.”

The band — which also features Nick and Joe — also revealed they are desperate to win a Grammy Award and dream of touring with Purple Rain singer Prince.

Kevin added: “I think to perform with Prince would be incredible. I think that would be one of the best things of all time.”

**METRO NEWS SERVICES**

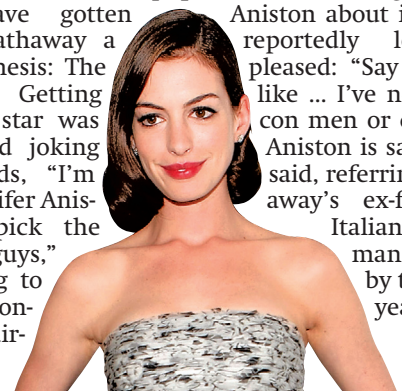


# Anne and Jen’s war of words

**FEUD** Looks like a little quip may have gotten Anne Hathaway a new nemesis: The Rachel Getting Married star was overheard joking to friends, “I’m like Jennifer Aniston. I pick the wrong guys,” according to the National Enquirer.

When word got back to Aniston about it, she was reportedly less than pleased: “Say what you like ... I’ve never dated con men or criminals,” Aniston is said to have said, referring to Hathaway’s ex-fiancé, an Italian businessman snagged by the FBI last year.

**METRO NEWS SERVICES**



# Weight worries over Lindsay

**PEOPLE** Michael Lohan is concerned about his daughter Lindsay Lohan’s weight loss.

“Lindsay goes through her fluctuations in weight for different roles she’s in, and travelling and what she’s eating and taking care of herself. I’ll talk to her about it. I’ll see what’s going on,” he told Good Day Philadelphia.

But that might be difficult, since their relationship “has been a little strained because of her relationship with Samantha (Ronson).”

**METRO NEWS SERVICES**

# Kate and Owen: Still just friends?

**RUMOUR** On-again off-again couple Kate Hudson and Owen Wilson were spotted chatting cozily on a park bench in Paris after taking a bike ride around the romantic city.

There’s no word on the state of their relationship, but experts at the Mirror think that the pair’s body language suggests they’re still just friends.

**METRO NEWS SERVICES**



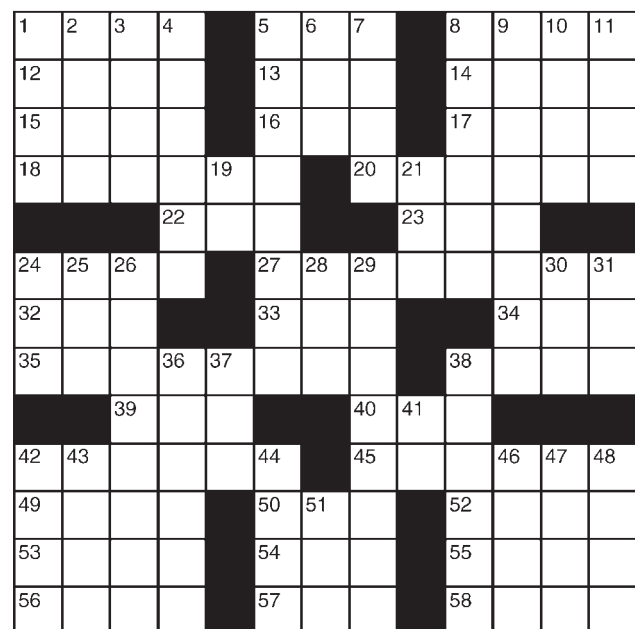




TWN incorporates MSC data

For more delicious Metro recipes, visit: [metronews.ca/food](http://metronews.ca/food)

## Take Five



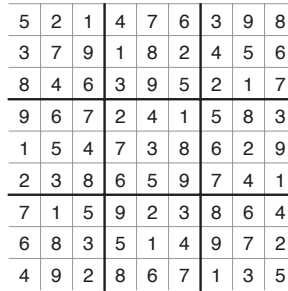
## Crossword across

- |                           |                             |
|---------------------------|-----------------------------|
| 1 Send forth              | 34 Gist                     |
| 5 Grier or Dawber         | 35 Overwhelming             |
| 8 Feds                    | 38 Predicate part           |
| 12 A-line creator         | 39 Exist                    |
| 13 Mimic                  | 40 "Eureka!"                |
| 14 Wash                   | 42 Money-back deal          |
| 15 Con                    | 45 Tidbit                   |
| 16 Revolver               | 49 Object of worship (Var.) |
| 17 Curved molding         | 50 Bill's partner           |
| 18 Unhealthful atmosphere | 52 Nastase of tennis lore   |
| 20 Ascending              | 53 Teller's companion       |
| 22 Heavy weight           | 54 That girl                |
| 23 Tasseled topper        | 55 Have coming              |
| 24 Hipsters' jargon       | 56 Vortex                   |
| 27 Engrave                | 57 Raw rock                 |
| 32 Oklahoma city          | 58 Colouring agents         |
| 33 Peeples or Vardalos    |                             |

## Crossword down

- |                           |                               |
|---------------------------|-------------------------------|
| 1 Mild yellow cheese      | 28 Diarist Anais              |
| 2 Revealing fashion       | 29 Native American leader     |
| 3 Greek vowel             | 30 Plant sticker              |
| 4 Sad, on the Seine       | 31 Recede                     |
| 5 Violin virtuoso Niccolo | 36 "Beverly Hillbillies" role |
| 6 "Simpsons" storekeeper  | 37 Permit                     |
| 7 Carte                   | 38 Heterogeneous              |
| 8 Brooding, angry look    | 41 Crooner Don                |
| 9 Periodical              | 42 Mature                     |
| 10 Always                 | 43 Supplemented, with "out"   |
| 11 Requisite              | 44 Reverberate                |
| 19 Collins of "MADtv"     | 46 Dispatch a dragon          |
| 21 Cpl.'s subordinate     | 47 Green land                 |
| 24 Boxing tactic          | 48 Photog's choice            |
| 25 Altar affirmative      | 51 "— the fields we go"       |
| 26 Tramp                  |                               |

## PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

Find today's answers + play more games at [metronews.ca](http://metronews.ca)

## SUDOKU SOLVE TIME:

Under 13 min .....Genius  
13-17 min.....Scholar

17-21 min .....Smart  
21-25 min .....Not bad  
25+ min.....Keep practising

## Metro Recipe of the Day



## Steak with Puttanesca Sauce

## INGREDIENTS:

25 g (half a can) anchovy fillets, drained  
2 tbsp (25 ml) low-fat milk  
2 tbsp (25 ml) olive oil  
1 red onion, roughly chopped  
2 garlic cloves, crushed  
1 red chili pepper, deseeded and finely chopped  
12 oz (350 g) cherry tomatoes, halved  
2 tbsp (25 ml) bottled capers, rinsed  
1 tsp (5 ml) dried oregano  
4 lean round steaks (about 4 oz/115 g each)

## METHOD:

1. Lay anchovies flat in small dish, spoon over milk and leave to soak while you begin preparing sauce.  
2. Heat 1 tbsp (15 ml) oil in large, ridged frying pan, add onion and cook gently 3-4 minutes until soft.  
3. Stir in garlic and chili pepper, then add tomatoes, capers and

oregano. Drain and discard milk from anchovies, roughly chop anchovies and add to sauce. Stir and cook gently 5 minutes or until the tomatoes are lightly cooked. Tip sauce out into bowl and set aside while cooking steaks.  
4. Rinse out pan and reheat. Brush steaks lightly on both sides with remaining oil and season with black pepper. Place steaks in hot pan and cook over medium-high heat 2-3 minutes per side for rare or 4-6 minutes per side for medium.

5. Pour sauce over steaks in pan and heat through, then serve.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to [rd.ca](http://rd.ca) or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



## Horoscopes

## AVATAR VENUS

## ARIES

MARCH 21-APRIL 20



Share your secrets with a special person. Lessons are learned by a whining victim. Open your eyes to a pawn in a crazy game.

## LIBRA

SEPT 23-OCT 23



Your denial of reality won't sit well. An obsession shows a different side of you. Your concept of freedom will surprise everyone.

## TAURUS

APRIL 21-MAY 21



Relatives are aware of an unexpected crisis. Common sense will disturb a scoundrel. Don't give up on any romantic thoughts.

## SCORPIO

OCT 24-NOV 22



A stranger will appreciate your work. Let a good love change your life. Be rational, amusing, clever and cheerful no matter what happens.

## GEMINI

MAY 22-JUNE 21



Take the time to make a sensational change. The final days of a business are looming. A mischievous guy gets a reward.

## SAGITTARIUS

NOV 23-DEC 21



A conman was hurt by your remark. An optimistic attitude develops after noon. A newcomer is delayed by an error.

## CANCER

JUNE 22-JULY 22



You're in the mood to listen to an adviser. This isn't the right time to say something stupid. Someone takes the path of least resistance.

## CAPRICORN

DEC 22-JAN 20



Emotional people will need assistance. A wounded friend reminds you to forgive a woman. Pack up and move away from a sad situation.

## LEO

JULY 23-AUG 23



Pay attention when something smells fishy. Rely on a phone call to correct a mistake. Refuse to lose sight of the truth.

## AQUARIUS

JAN 21-FEB 18



The cause of a profitable disturbance is revealed. Wish for an excellent dream to come true. A loved one reveals your destiny together.

## VIRGO

AUG 24-SEPT 22



An overjoyed person reveals that something's up. Shocking events are caused by financial problems. A surprise phone call causes discomfort.

## PISCES

FEB 19-MARCH 20



Absent-minded people irritate a stubborn fellow. You'll see that it's time to move on. Your energy level is speeding up.

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## This day in history

FEB. 26, 1797: The Bank of England issues the first one-pound and two-pound notes.  
FEB. 26, 1952: United Kingdom Prime Minister Winston Churchill announces that his nation has an atomic bomb.  
FEB. 26, 1986: People Power Revolution in the Philippines.  
FEB. 26, 1993: World Trade Center bombing: In New York City, a truck bomb parked below the North Tower of the World Trade Center explodes, killing six and injuring over a thousand.  
FEB. 26, 2003: Generally said to be the starting date of the War in Darfur.

METRO NEWS SERVICES

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